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Vol. 19, No. 28 Agawam, Mass.-- Thursday, July 9, 1970 5c per copy—1.00 per year

LET'S ALL PUSH FOR CLEAN AIR — REPORT ALL AIR POLLUTION NUISANCES AND VIOLATIONS TO THE LOWER PIONEER VALLEY AIR POLLUTION CONTROL DISTRICT—call 785-5327



Miss Beth Bottaro, daughter of Mrs. Ralph J. Bottaro of 228 Walnut St., has been accepted for the fall term at New England College in Henniker, New Hampshire. Beth will enter as a freshman in the core curriculum under the newly initiated 4-1-4 program at the college.

JUNIOR HIGH BAND AWARDS

The honor award given in memory of the former beloved director of Agawam School Bands is awarded each year to the most outstanding girl and boy in the graduating 8th grade class from the standpoint of musical ability and faithfulness to the band program. The award this year went to Elaine Gregory and David Duda.

Earlier in the spring they had both been given the four stripe pin signifying the highest musical achievement in the junior high award system. Joining them in this honor group were Donna Hulse and Mark Benedict from the 7th grade and as announced at final assembly, Joseph Ramah.

Additional high achievement awards were given to Joseph Rolland, Brenda Devine, Elizabeth Kajka, Harry Reimers and Jackie Taupier. The musical achievement awards at the junior high are new this year and relate to the system used in the high school band. The testing was conducted in the spring but did not get to a complete point with many of the 7th grade members who will continue next year.

Service bars were given to 8th grade band members at the final assembly to signify another year of membership in the group. Junior high band emblems were awarded to members completing their first year in the unit.

HIGH SCHOOL BAND AWARDS

The John Philip Sousa Band Award was given to Donald Cabra for outstanding musicianship and service to the Agawam High Band. The award is a pin and desk piece along with the inscription of the winners name on the Sousa plaque which is kept at the high school.

The Arion Medal for band is another national award which is awarded to an outstanding senior for musical ability and loyalty to the band program over a period of four years and was awarded to Rhonda Rogal.

Senior members of the band joined the group for the pre-graduation concert before marching in to receive their diplomas in a final performance before joining the ranks of the alumni.

THREE LITTLE WORDS

Avoid Excess Sun. Those three words, says the Amer. Cancer Soc. sum up prevention of skin cancer. If exposure to the sun can't be helped, use a screening lotion or wear a hat and long-sleeved shirt.

DEPT' OF AGRICULTURE TRUE FRIEND OF PESTICIDE & CHEMICAL INDUSTRIES

HARDIN DEFENDS DDT

Allen H. Morgan, executive v.p. of the Mass. Audubon Society, yesterday termed U.S. Secretary of Agriculture Hardin's defense of DDT as "inconsistent with the overwhelming weight of evidence that science has amassed over the last 25 years."

Sec. Hardin, in reply to an order by the U.S. Court of Appeals in Washington, stated that any action of cancellation of federal registration of DDT as a permissible pesticide must "await completion of use-by-use evaluations presently in progress."

He also denies that DDT was a hazard to human health, although he admitted that DDT now occurs in human mother's milk.

Hardin had been ordered by the court either to cancel the registration of DDT or present impressive evidence why he should not cancel it.

"Although I recognize that evaluation of legal procedure is beyond the competence of a layman," Morgan said, "I agree with the many persons who have said that Sec. Hardin side-stepped the intent of the order, rather than answered it."

The court ruled May 28 that Hardin file his reply in 30 days. Judge Bazelon of the federal court had ordered the Secretary to present an explanation that was detailed enough "to permit prompt and effective review" of his refusal to cancel DDT registration in view of the massive evidence collected by environmental groups that DDT constituted a human health hazard.

At the same time, Morgan praised Secretary of Interior Hickel for his recent order banning the use of DDT, 2,4,5T and other hard pesticides and

herbicides on federal lands under control of the Department of Interior.

"It is noteworthy," Morgan said, "that while Sec. Hickel broadened his order to include most damaging pesticides, the phase relating to a ban on DDT actually was a repetition of an order given more than 2 years ago regarding use of that chemical on Interior lands. The fact that Hickel found it necessary to re-issue the order indicates the entrenched position of DDT within the thinking of federal bureaucrats at work in the field. Sec. Hickel noted that the long-standing order had been violated repeatedly."

Morgan said he hoped that Hickel's broad order banning hard pesticides would stimulate a federal ban that not only involved all federal agencies but also became applicable to the states. He characterized such a ban as "long overdue."

"In 1947 the Federal Food and Drug Administration noted DDT's carcinogenic characteristics — but the chemical industry told us not to worry," Morgan said.

"By the 1950's, DDT's world-wide killing of animals of many kinds had been documented beyond question, and a lady named Rachel Carson had said so to the world, but the chemical industry told us it hadn't been proved, and that Miss Carson was an emotional crank — or worse."

"By the late 1960's, the documentation of its ability to cause cancer, enzyme changes, behavioral abnormality and negation of reproductive ability on test animals and wild animals worldwide was overwhelming, and country after country — Russia, England, Sweden, Australia and others — had acted to

ban or severely restrict the use of DDT and/or its deadly chlorinated hydrocarbon cousins — *chlordane, aldrin, endrin, dieldrin, toxaphene, heptachlor, DDD, DDE, TDE and BHC.*

"It is no less than incredible that this has taken 25 years. All of the basic problems were known and clearly enunciated by 1946; very little important or really new has been discovered in the last 5-10 years. We may well have sacrificed the health of many millions of people, and done great damage to the biosphere of the world by our delay. This is a prime example of a simple fact — if there is reasonable doubt as to the safety of a certain chemical or program — that chemical or program should be used only with the greatest care — or if possible, not at all."

"Here in Mass. we have similar inexcusable delays — the Mass. Pesticide Board still continues to defend the industry it was created to police."

Currently, Mass. Audubon, in cooperation with the Bresnick Advertising Agency and Polaroid Corporation, is sponsoring an intensive advertising effort to urge the public to turn in the so-called "deadly ten" pesticides to Audubon and Department of Natural Resources collection points.

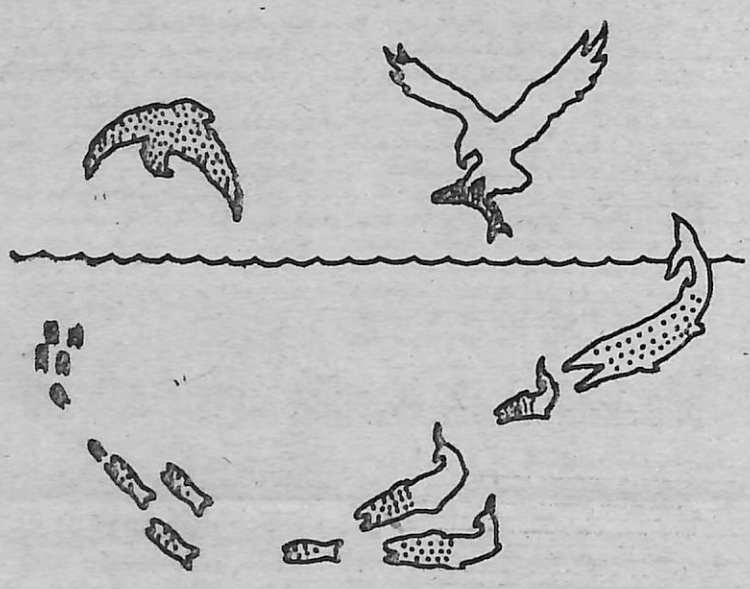
CYCLE OF DDT

One of the most dangerous properties of DDT and related hard pesticides is their persistence. They do not break down into harmless substances for many years, but persist in their lethal form, concentrating up the food chain as illustrated in this oversimplified diagram.

Pesticides may enter a biosystem in many ways. They may be applied directly to an area, or they may be carried miles from an intended target, as when wind picks up mist from a spray.

In the diagram, beginning right, microscopic plants and animals absorb pesticides. Small fish and other aquatic life feed on microscopic forms, concentrating within themselves the pesticide loads that several individuals carried. In turn, larger fish eat the smaller, thus concentrating the loads into greater doses. At the end of the food chain, perhaps in a large bird, the concentration becomes gigantic. But, the pesticide chain does not end there. Pesticides may re-enter the system through such events as a pesticide-poisoned bird dying and falling into the water.

CYCLE OF DDT



PERSONAL MESSAGE FROM REGISTRAR

Dear Driver:

I'm concerned! The object of my concern? You, a driver using Massachusetts highways.

Why? Because nearly 400 persons lost their lives in traffic crashes on the Commonwealth's highways during the first six months of this year — and the worst half of the year is just beginning. There were 98 persons killed last July and 88 persons killed last August. There were 10,519 persons injured last July and 10,949 persons injured last August.

What can you do to avoid being killed or injured this summer? The formula isn't too difficult to follow:

1. If you drive, don't drink.
2. Stay within speed limits but lower speed to compensate for road and traffic conditions.
3. Yield to traffic at intersections and rotaries unless you can enter safely.

4. Avoid peak period travel and drive during daylight hours.
5. Obey lights, signs and other safety guides.
6. Drive in one lane — the travel lane — except when passing.
7. Use signals so others will know what you intend to do.

When do you have to be careful? At all times, everywhere. You will never know where danger lurks.

And, no matter where you go — near or far — *fasten your safety belt.* It may become a life-saver.

Sincerely,
RICHARD E. McLAUGHLIN
Registrar

SUN WORSHIP OR WOE?

The Amer. Cancer Soc. estimates that 112,000 Americans will develop skin cancer in 1970; many of them could prevent skin cancer by avoiding excess sun.

A PLAY AT OLD STURBRIDGE

Royall Tyler's play "The Contrast," the first American comedy produced commercially in 1787, will be presented at Old Sturbridge Village June 29 to Sept. 5.

The play is produced and directed by Elaine Bullis - Ormes who is well known in this area for her productions for the Merry-Go-Round Theatre in Sturbridge. It will be presented twice daily, Mon. through Sat. at 1 and 4 p.m. in Gebhardt Barn.

Born and reared in New England, Royall Tyler was a Harvard graduate, a small town lawyer, a war veteran and a reformed rake — all with little distinction — when he wrote this play. The play is based on the satiric English comedy, Sheridan's "School for Scandal." Like the English play, the action revolves around the duplicity and hypocrisy of high society, but by placing his scene in America, Tyler lent an urgent political message to the entertaining foibles of his English model. Even as an amateur, Tyler had accomplished "one of the finest American dramas."

When Tyler's satire was first presented in New York on April 16, 1787, the U.S. was poised at a critical point. Delegates were gathering in Philadelphia to sift the evidence and prejudices from 11 years of independent self-government in order to compose a constitution for a stronger and more stable federal government.

In Mass., men were recovering from the shock of Daniel Shay's rebellion against a state that had failed to protect farmers against legal and economic oppression. Across the Appalachians to the west, men were wondering whether Congress would enact the proposed Northwest Ordinance to open up settlement of the interior of the continent.

Having secured independence and regained peace, the nation pondered its future carefully. What sort of nation would this be? "The Contrast" presents this underlying question. Should we parrot the manners of the English Lord Chesterfield's letters as Billy Dimple does in the play? Should we luxuriate in French styles as Charlotte and Letitia do? Can a nation which has serious work to do, spare the time and expense of fashion, of courtly deception and insincerity, of servants and boring conversation? If so, Tyler asks, then why have we fought for independence from British tyranny?

The contrast to this foppery lies in the characters of Colonel Manly, a Revolutionary War hero solicitous chiefly of the welfare of his former comrades-in-arms, in Maria, who prefers high sentiment to silks and satins, and especially in Jonathan, the country New Englander who has brought both his rural innocence and his Yankee bluntness to the cosmopolitan city.

It is not known whether the play was ever produced in a country town, but, by the early 19th century, dramatic performances, by amateur and itinerant groups, were being given in such towns as well as seaboard cities. The play has been shortened for the village visitor's convenience and we hope it adds to their enjoyment and instruction.

Please note --
Monday AM deadline
for all news releases
-- -- not advertising

All copy for this newspaper must be typed, double spaced originals. No carbons, or items which appear elsewhere before we publish, will be considered. Deadline, Monday A.M.

Agawam YMCA Activities

The 1970 summer season is under way at the Agawam "Y," and many programs are already filled to capacity.

Thurs., July 2, is the 1st day camp overnight of the season. All parents are invited to attend the council fire at 7:30 p.m.

Free baby-sitting will be provided by the Y for busy parents who wish to go for a swim, play tennis or go shopping in the afternoon from 2-4. The kiddie yard will be used, and there are plenty of games and toys.

Camp Little Stream and Camp Millbrook, the day camp, are all filled to capacity for the 2nd period which starts July 6-17.

Also filled are the mother and tot swim lessons for the 2nd period.

There are openings for 3rd and 4th period in all programs.

Swim teams meet on Sat. mornings from 9-11 and one evening a week to practice.

The Agawam Y annual Chicken Barbecue date has been set for Sat., August 8. Save the date. Tickets are now being sold at the "Y" office or by the board of directors.

Beano and movies for the entire family are held every Wed. evening at the "Y." There is no charge for either. Those attending have to be "Y" members.

More men and women are needed for Mon. night and Wed. volleyball and horseshoes.

Tennis classes for adults are under way Tuesdays and Thursdays.

Adult oil painting is offered at the Agawam Y on Mon. and Wed. from 7-9.

FAMILY PICNIC JULY 12TH

There will be a special family picnic Sunday, July 12 from 4:00 to 7:30. This is open to "Y" family members and non members. A nominal fee per person will be charged, and the "Y" will provide all the hot dogs, hamburgers and drinks. The families will be asked to bring salads or desserts. Registrations will be taken in advance up to July 9. Games for all will follow the picnic which will be held on the "Y" grounds. Swimming, tennis, horseshoes, volleyball and basketball are only a few of the activities available for the families.

TENNIS LESSONS FOR ADULTS

Tennis lessons are being offered on Tuesdays and Thursdays from 7-8 p.m. at the Agawam Y. Mr. Rudi Altobelli and Mr. Frank Donovan are the instructors. Other adult programs offered at the Agawam Y are basketball, volleyball, horseshoes and swimming lessons.

RECORD ENROLLMENTS

AT CAMP MILLBROOK

Camp Millbrook, the Agawam Y day camp, announces enrollments for its 2nd period at an all-time high. A major factor for this development has been the strong emphasis on camping versus the traditional concept of sports activities in a day camp.

Also, Camp Millbrook has been actively involved in developing awareness by its camper of the ecology of living things. Because this has become an important issue in our society, the camping program has taken on new meaning.

Secondly, a mature staff, well-trained, provides for excellent supervision at all times. Swimming, outdoor cooking, hiking, archery, arts & crafts, and overnights also provide exciting opportunities for the children to learn to live comfortably with the natural world.

Openings still exist in the 3rd & 4th periods in all camps. Contact the Agawam Y for more information.

DON'T BE A LITTERBUG



"Which would you rather give up, wine or women?"
"It depends on the vintage."

Back yard Frontier

BY POLLY BRADLEY
Mass. Audubon Society

A DAY OF AWARENESS

When architectural students planned one session of the American Institute of Architects convention in Boston last week, they chose to dedicate the day to environmental pollution and ways to combat it.

They called it "A Day of Awareness," and like students everywhere these days, they tried to focus it on action.

Main speaker for the environmental day was Ian McHarg, chm. of the landscape architecture dept. of the University of Pennsylvania, author of "Design with Nature" and a foremost advocate of making the works of man fit into nature's plan.

Getting down to the nitty-gritty, there were workshops where architectural students and practicing architects from various parts of the country could get together and discuss the best plans of action to protect the environment in their own sections of the nation.

It's a sign of the times that architects and conservationists are growing more and more to see themselves as natural allies.

Both are concerned with the total environment... not just buildings and not just nature, but the interrelationship between man and nature.

Both are concerned with the ecology of mankind.

Environment was a theme that ran through the entire 4-day convention of architects. At the opening session, Senator Edmund S. Muskie spoke about the urgency of improving the urban environment... not only the need to clean up air and water pollution and solve the problem of waste accumulation, but also the need to create cities that are healthy and vital communities, cities dedicated to fulfilling the genuine needs of human beings, instead of cities which are "festering places for decay, frustration and violence."

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THIS WEEK'S BEST BUYS FROM MASSACHUSETTS FARMS

The native corn crop is 3 or 4 days behind schedule, according to the Mass. Dept. of Agri. Cool nights and cloudy days have slowed maturity, so the promised first sweet corn from nearby farms is still a week or so away.

Plenty of native vegetables are available, however, at reasonable prices. Beets, green cabbage, chicory, Boston, romaine and iceberg lettuce, radishes, scallions, and summer and zucchini squash are in heavy supply. All rate Best Buy listing this week.

In moderate supply are beet greens, collard greens, dandelions, bibb lettuce, and curly and Italian parsley. Some rhubarb may still be found on produce counters, but it is reaching the end of its harvest season, along with spinach, swiss chard and greenhouse tomatoes. Native fresh peas have been selling extremely well, and are still available, though prices are somewhat higher than at peak harvest.

Green and fava beans (the broad tender beans inside a reddish pod) are starting to come in from local growers. Broccoli and red cabbage are also starting to appear.

Roadside stands are still featuring potted geraniums, among other colorful displays. Native carnations are low priced and plentiful. Hanging baskets, and many annuals in flats are still in good supply.

"Your leg is swollen," the doctor said, "but I wouldn't worry about it."
"Well, if you leg was swollen," the patient replied, "I wouldn't worry about it either."

Nature's Ways

by Wayne Hanley

GOLDENROD IS NOT THE CULPRIT

While snuffling and sneezing my way through a windy morning recently, I read through tear-filled eyes a plea from Dr. John W. Brainerd in defense of the goldenrod.

Although the Brainerd treatise addressed to the Mass. Bureau of Air Use Management was somewhat less eloquent than Senator Vest's tribute to a dog, Brainerd made one point quite firmly: *goldenrod stands unjustly accused as an activator of hay fever.*

Since I know Dr. Brainerd very well and recognize him not only as a fellow sufferer from hay fever pollens but also as a Ph.D. in botany, I believe his testimony carries more weight than mine. He wrote:

"My training as a botanist has taught me that Solidago (the scientific name that covers more than 75 species of goldenrods) is an insect-pollinated genus. This means that it produces very little pollen, which is distributed remarkably efficiently by insects and does not need to be distributed in vast quantities as does the pollen of wind-pollinated plants.

"For a year I worked with an MD who is an allergist in Boston, taking pollen counts for him. Very little pollen from goldenrod gets loose in the air to cause allergies — if, indeed, it is allergenic at all in the quantities which the plant liberates.

"People who think they have an allergy to goldenrod are usually raweedy sufferers who get the ragweed pollen which has settled on goldenrod, which blooms at the same season."

Writing as a member of the

Springfield, Mass., Conservation Commission, Dr. Brainerd urged the state air pollution authority to re-think its proposed regulation which would authorize all state minions to purge the commonwealth of goldenrod.

While I agree with Dr. Brainerd that goldenrod pollen has the fluffy buoyancy of a lead pellet and is as sticky as fly-paper, I am less alarmed by what the commonwealth and its total financial resources could do to the goldenrod. Since goldenrod occurs in almost every undisturbed field, whether upland or lowland, I'm certain that long after the state had depleted its treasury and taken a pauper's oath, goldenrod still would flourish in every sunny spot from Provincetown to West Stockbridge — and throughout the remainder of New England as well.

It always annoys me slightly to hear goldenrod referred to as a weed. While Buckingham Palace is not on my regular list for social calls, I happen to know that one of the prized displays in its garden is a stand of goldenrod.

It is not my purpose to take all the fun out of raiding state treasuries. For those states which would prefer to finance a full-employment program through which the state's last cent could be spent, I recommend ragweed control. The beauty of ragweed control lies in the fact that no matter how thoroughly one disturbs the soil, ragweed thrives. Indeed, if one can lay the land desolate, so much the better for ragweed. It grows only in disturbed or desolate areas.

MEDICAL CENTER PLANNED FOR CHICOPEE

A planned \$20 million medical facility in Chicopee serving the entire Western N.E. area has been announced by a group of physicians affiliated with hospitals in Springfield and Holyoke.

The facility, to be known as Medical West Health Campus, will be located on a 20-acre site near the Chicopee entrance to the Mass. Turnpike.

The campus when completed will include a multi-specialty group clinic — said to be the first such clinic in the nation — to handle all phases of medicine in group practice, according to Dr. Joseph R. Kelly, spokesman for the group.

First step will be construction of a \$2 million clinic, a two-story building with 35,000 square feet. Also planned as subsequent steps are a motel unit to serve 240 patients, a complex that will be available to ambulatory and transient patients using the services of the Medical West Health Campus... and an apartment complex for chronic and recurring disabilities which will enable persons needing periodic medical attention the convenience of the medical clinic.

When completed Medical West Health Campus will also include a nursing home and a rehabilitation facility.

ARCADIA WILDLIFE SANCTUARY SERVES CONN. VALLEY

Arcadia Wildlife Sanctuary in Easthampton has been selected by the Mass. Audubon Society to be one of six regional centers to be developed and staffed to provide leadership and support for local conservation activities throughout Western Mass.

This role for Arcadia, including a new \$110,000 nature center building, was spelled out jointly by the Arcadia Development Committee and the sponsoring committee of Audubon's Laughing Brook Educational Center at the home of the late Thornton

Burgess in Hampden.

Expansion of Arcadia and the development of Laughing Brook make the Conn. Valley the focus of major Audubon plans, according to Audubon Executive Vice-President Allen H. Morgan.

The society's overall plan calls for raising \$2.4 million over a 3-year period, \$1 million of which is to be invested in the Conn. Valley and \$110,000 of this \$1 million for construction of the new Arcadia building.

BAD WEATHER FOR AGAWAM INFANTRY

CAMP DRUM, N.Y. — "War is hell!"

That's a cliché often used in movies, and it sounds quite gallant.

But to the men of Company B, 1st Battalion, 104th Infantry of the 26th (Yankee) Infantry Division of Agawam, the words ring true. They are currently undergoing two weeks of annual training at this upstate New York post.

The post has been hit by two rainstorms which left puddles, muddy roads and fields since the men moved out Sunday for five days of exercises under simulated battle conditions.

During the early week, rifle platoons from the company participated in rifle platoon attack and withdrawal exercises over the sloppy countryside.

The men also patrolled and underwent counter-ambush training in the mud and wetness. "It's been tough with all the rain and discomfort of everything being damp," said rifle platoon Sergeant Fred A. Corbin of Hampden St., Monson, "but morale is

high and we have good food."

Co. B's heavy weapons platoon under Sergeant Joseph Forschini of King Ave., Monson and the other rifle platoon under Sergeant First Class Emmett Burke of Hampden, Mass. were also conducting operations in the muddy fields.

The company's headquarters were set up in a pine grove Sunday, which turned into a quagmire overnight by the rain. There, mess steward Sergeant Alan Perry of Springfield cooks for Co. B's 117 men and First Sergeant Robert A. D'Ambrosia, 77 Maryland St., Springfield, runs the company administrative section.

After returning from the field for the July 4 holiday, Co. B, commanded by Captain Kenneth R. O'Connell, 30 Lynwood Rd., East Longmeadow, goes back to the field for further training before coming home July 11.

Meanwhile, however, the inclement weather has made war hell for the men of Co. B.

FAMILY PROTECTION

A beach umbrella is vital summer equipment, says the Amer. Cancer Soc. Prolonged exposure to the sun can result in skin cancer.

STORROWTON THEATRE

WEST SPRINGFIELD, Mass. — The original Broadway stars of the hilarious musical "How to Succeed in Business Without Really Trying" will recreate their roles at Storrowton Musical Theatre for 8 shows beginning Mon. eve, July 13.

Robert Morse will recreate his role of Finch, the young window washer who slides down the scaffold on the outside of the World Wide Ticket Co. office building to climb the ladder of success to the position of chm. of the board.

Rudy Vallee will return to his role of J.B. Biggley, which he portrayed on Broadway for nearly 1½ years. Biggley is the president of the company and rapidly promotes Finch to higher positions in World Wide Ticket, unaware of the excellent guidance which Finch is receiving from a paperback edition of "How to Succeed."

Opening on Oct. 14, 1961 at the Forty-sixth St. Theatre, "How to Succeed" became an instant success, winning the Pulitzer Prize and picked as the best musical production of the year by the N.Y. Drama Critics Club.

Among perennial radio favorites in the U.S. is Rudy Vallee. He has charmed audiences for decades in motion pictures, radio, nightclub engagements, Broadway and more recently, TV.

A native of Newton, Mass., Robert Morse is an extraordinary performer who has earned an internatl. reputation for his versatile talent in the fields of comedy and song. Concentrating his efforts mainly in TV and movies lately, he has starred in the movie "How to Succeed," "A Guide for the Married Man," "Where Were You When The Lights Went Out?" and the recently released Walt Disney movie, "The Boatniks."

ENGINEERED DEVICES OF AGAWAM AWARDED ARMY CONTRACT

ST. LOUIS, June 30, 1970 — An Army Materiel Command contract in the amount of \$1,193,100 was awarded today to Engineered Devices, Inc., 787 Silver St., Agawam.

In awarding the contract, Brigadier General George M. Bush, commanding general of the Army Mobility Equipment Command, St. Louis, stated it provides for production of 100 fire trucks for use by military services.

A total of 41 solicitations for bid were sent on this contract and the Engineered Devices bid was selected from 6 firms competing for the award.

The Army Mobility Equipment Command supports U.S. troops worldwide with over 50,000 different items of equipment used to live, move and fight in the field.



Our Men In Service

U.S. AIR FORCES, Thailand — U.S. Air Force Technical Sergeant James S. Jenks, son of Mrs. Alexander Hahn of 1132 S. Isabella Ave., Monterey Park, Calif., is on duty at Nakhon Phanom Royal Thai AFB, Thailand.

Sergeant Jenks, a munitions maintenance technician, is assigned to a unit of the Pacific Air Forces, hqtrs for air operations in Southeast Asia, the Far East and Pacific area.

The sergeant, a Vietnam veteran, served at Luke AFB, Ariz., before arriving in Thailand.

A 1953 graduate of Chico (Calif.) H.S., he attended Chico State College.

Sergeant Jenks' wife, Mary, is the daughter of Mr. and Mrs. Anthony Codraro of 15 Sterling Rd., Agawam.

A boy got his report card. He had failed all the subjects. He sent a telegram to his mother: "Failed in everything. Prepare Dad." His mother answered: "Dad's prepared! Prepare yourself."

No matter how good a swimmer you may be, safety should always be foremost in your mind. Strength alone will not keep you from getting into trouble if you take too many chances in the water.

No one is completely useless — you can always serve as a bad example.
— Basemaker, Davisville, R.I.

Make no friendships with an angry man.

— Proverbs 22:24

STATE OF THE STATE

by Governor Francis W. Sargent

A MONTHLY REPORT TO THE PEOPLE OF THE COMMONWEALTH



This month we observe the 195th Anniversary of the Independence of our nation. These are indeed days of importance for America, for our Commonwealth. These are days of decision, days of destiny.

A better America tomorrow requires a sound America today. We must build on the foundations of our past, not the rubble of ruined institutions.

We cannot hope to achieve a better America by wrecking a troubled America.

Crisis and confrontation, as tools of change, can only result in repression and collision. And in this there are no winners.

America will not tolerate violence in these demanding days.

Democracy demands order and dialogue and reason.

We are caught up today in an urge for excellence. This hunger for quality is a

and understanding. But we cannot hope to understand the problems before us if we cannot and will not understand one another.

Understanding is the key to true communication. I appeal for understanding among all our citizens. I appeal for moderation and an avoidance of the shrillness that drowns out the dialogue now essential.

All have a stake in the future of the nation and the Commonwealth. All have a right to speak of this future and of the problems we must overcome if we are to be blessed with its rewards.

I say all have a right to speak. But all should say something worth hearing. Most of us do have something worth saying. But it should be

"We cannot hope to understand the problems before us if we cannot and will not understand one another..."

blessing for all of us. It can be made real only if we are true to this, America's vital creative force.

Our problems are man-made, therefore they can be resolved by the will of man.

Ultimately, we will stand or fall on the answer to this question: Can we make the democratic process work effectively in America?

To find out the answer, we need order and justice. Then we need communication.

And, finally, plain hard work. To achieve our vision of a better America means better Americans are needed. The student, the parent, the worker, the elderly, all have a place and a role in the reshaping of this land.

Yet, however necessary the dialogue, wild-eyed rhetoric will get us no where. More than ever we do need dialogue

said with consideration, with conciliation.

No longer is there room for fiat, bellowed forth from whatever forum, accompanied by violence and threats of violence.

Lasting communication that will best insure the fulfillment of a better America and a better Commonwealth, will be that which is best reasoned, best articulated, best planned.

All of these ingredients are vital to America's future. They apply equally to the future of our Commonwealth. In the days and months ahead, much can be accomplished if only we can work in true harmony, with respect for one another.

We know where many of our problems are rooted. Now let us go forth and resolve them together.

Consumer news

FROM THE ATTORNEY GENERAL

When your telephone rings, be prepared. If the caller says, "Congratulations! You have just won free subscriptions to 4 magazines for the next 4 years," your safest move might be to hang up.

"Giving away" magazine subscriptions is a familiar ploy used by certain unethical magazine sales agencies. As with most "get-something-for-nothing" offers, there is a catch.

To receive the "free" magazines, subscribers are asked to pay "a few ¢ each week for postage and handling." By a special arrangement, the postage can be paid off in 2 years while the subscription will continue for 4 years. The few cents add up to \$5 a month for 2 years.

Consumers who take time to figure out the 2-year cost will find that it totals \$120. The same magazines bought at their regular subscription price might cost less than \$100. That does not add up to much of a "win" for the buyer.

OTHER PLOYS

Consumers who have not been caught by the give-away trick may run into any one of a number of other ploys used to sell magazine subscriptions.

A salesman may tell prospective customers that they will win a prize if they subscribe immediately, although the prize is paid for by the high cost of the magazine. Or, a young salesman may claim to be winning points toward

a college scholarship, although no scholarships are available from the sales agency.

Some sales solicitors get into homes on the pretext of taking a survey to find what magazines the homeowner would like to read. After checking off a list of magazines, the homeowner is asked to sign a slip of paper to ensure that he will not be interviewed twice. The slip of paper turns out to be a contract to buy the magazines.

CONTRACT CANCELLATION

In Mass., consumers have 3 days to cancel installment contracts that they sign in their homes. The Legislature recently enacted my bill to extend this provision to cover cash contracts.

After he receives a copy of the contract, he has until midnight of the 3rd business day to notify the company in writing that he wants to cancel the agreement.

The Consumer Protection Division of my office has taken legal action against many companies that use deceptive practices. In one case, the division lawyers listed 10 illegal sales tricks that a company had used to sell magazines. The company consented to stop.

But new variations and schemes are constantly being devised by dishonest firms to catch the public off guard. The best protection against these tricks is an aware and informed consumer who can resist a tempting telephone offer in order to avoid a costly mistake.

Weight Watchers

FLANK STEAK

JAPANESE STYLE BARBECUE

(Submitted by Weight Watchers in Jacksonville)

¼ cup soy sauce
2 tablespoons vinegar
2 tablespoons dehydrated onion flakes
1 large clove garlic (or garlic powder)
1 ½ teaspoons ginger
Artificial sweetener to equal ¼ c. sugar
1 flank steak (about 2 pounds)

Combine all ingredients except steak. Pour over steak and allow to marinate for at least 4 hours, turning occasionally. Broil over hot coals until done. Carve into thin slanting slices against the grain. Makes 4 servings. Note: Marinated steak may be rolled up and held together with metal skewers while broiling.

Well, What Do You Know? fun, games and knowledge

by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge

Do you know what an alloy is?

An alloy is a substance formed by combining a metal with other metals or non-metals. Brass, for example, is an alloy. It is made with the metals copper and zinc. Steel is an alloy made with a metal — iron — and a non-metal — carbon. Alloys are usually made by melting the ingredients and mixing them together.

whitish metal. It is quite rare and is usually found in small quantities in nickel ores. It is heavier, higher-melting, and even less likely to corrode than gold. It is used in jewelry and in chemical-laboratory equipment that must resist heat and chemicals.

Do you know how we measure the distance between Earth and the stars?

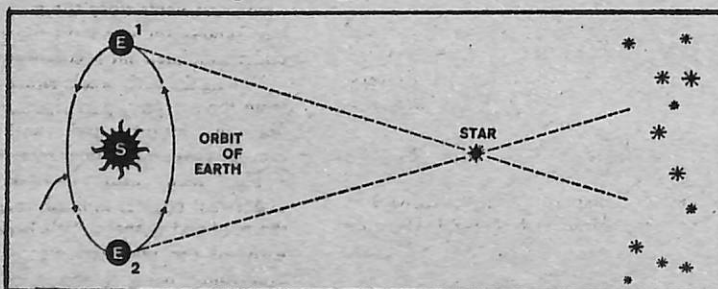
Was the "apple" in the Garden of Eden really an apple?

The Bible simply speaks of the fruit of the tree of knowledge, without naming any particular fruit. The apple probably came to be the popular symbol for the fruit of the knowledge of good and evil because of the magical qualities attributed to it in many mythologies. Some archeologists now believe that apricots or quinces may have been the "apples" in the Garden of Eden.

What do you know about platinum?

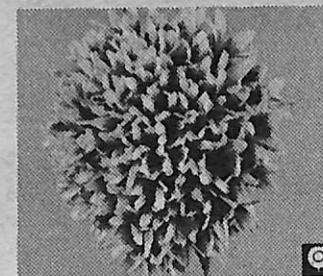
Platinum is a high-melting,

The distance between Earth and the stars is measured through something called the angle of parallax. If we look at a star one night and again 6 months later, it will appear in a slightly different position. This is because the earth has changed position in moving around the sun. Now imagine lines drawn from the observer to the places where the star was seen. The angle formed by these lines is called the angle of parallax. It can be measured with delicate instruments. By mathematics, the star's distance from Earth can then be worked out.



(For a free booklet, "The Magic Carpet," illustrated in color from The New Book of Knowledge, send name and address to Martha Glauber Shapp, Box 47, Putnam Valley, New York 10579.)

GAY GAILLARDIAS



Fiesta is the name of this gaillardia which has smoky-red petals, tipped yellow.

Gaillardias are known for the profusion of flowers they produce and for the length of time over which they continue to bloom. "All summer long" is not an idle phrase when applied to these plants.

There are both annual and perennial gaillardias, both equally easy to grow from seeds sown where the plants are to bloom.

Gaillardias prefer light, open soil and must have both sunlight and air. With these conditions met, they'll provide you with a constant show of blossoms for cutting or to make your garden gay.

Single-flowered gaillardias have just one row of petals but double ones are rounded heads filled with petals and are generally more popular with gardeners.

While gaillardia flowers normally are 2½ to 3 inches across, those of some tetraploid varieties are 4 inches in diameter.

Flower colors are various shades of yellow to orange and a series of off-reds: brick, claret and "smoky." They combine well with most other flower colors — another point in their favor.

BOOKLETS FOR WOMEN

A series of four booklets, written for and about women, has been published by Kimberly-Clark's Life Cycle Center.

Available from this information/education service are "The Miracle of You," for young adolescents; "Your Years of Self-Discovery," for mid-teens; "You and Your Daughter," for mothers and teachers; and "The Years of Independence," for young women 18-22 who are on their own for the first time. The booklets are 10¢ each from the Life Cycle Center, Kimberly-Clark Corp., Box 551-PR, Neenah, Wisconsin 54956.

Toys for tiny Summer Guests

Does your summer guest list include a preschooler or two? Playskool Research offers guidelines for play and for selecting basic play materials, in a free booklet titled "The Right Toy for the Right Age." It is available by writing "Right Toy — Right Age," 221 North LaSalle Street, Chicago, Illinois 60601.

Little Louise — Mother dear, what does dehydrate mean?
Mother — It means getting all the water out of anything. Why?
Little Louise — Well, my puppy just dehydrated in the living room.

Overweight woman at soda fountain:

"I sometimes wish Mother had warned me about Banana Splits instead of Men."
Readers Digest

The Agawam News, Inc. published every Thursday by The Agawam News, Inc., 435 River Rd., Agawam. Entered as second-class matter at the Agawam Post Office under the Act of Congress of March 3, 1879. Single copies 5¢. Subscription price \$1.00 per year.

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Tues.	July 14	Rte. 2
Wed.	July 15	Rte. 3
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Fri.	July 17	Rte. 5

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Judge: "How could you swindle people who trusted you?"
Prisoner: "But, judge, people who don't trust you can't be swindled."

NIH THE SEARCH FOR HEALTH
A REPORT FROM
THE NATIONAL INSTITUTES OF HEALTH
BETHESDA, MARYLAND

Cancer of the Prostate

Cancer of the prostate, one of the most common forms of cancer in men, claims approximately 17,000 American lives annually. This type of cancer, found in the prostate gland of the male genital system, causes few deaths in men under 40, but becomes the leading cause of cancer death after age 75.

Although approximately 35,000 new cases are diagnosed in the United States each year, many go undetected due to the extremely slow growth of most of these tumors. Elderly men in particular may evidence no symptoms at all. However, prostatic cancer is discovered in autopsy studies in 15 to 20 percent of all men over 50.

Certain urinary tract difficulties may indicate prostatic cancer. Among them are a weak or interrupted flow of urine, the need to urinate frequently (especially at night), or inability or difficulty in starting urination. Other symptoms warranting a thorough check by a physician include blood in the urine, a flow that is not easily stopped, or painful urination. Discomfort in the pelvis, lower back, or upper thighs may also be the first or major symptom.

By means of a rectal examination, the physician can feel irregular or unusually firm areas of the prostate that may indicate a tumor. However, not all such tumors are cancerous. Some may be benign, and although they too may interfere with the body's normal processes, they remain localized and usually do not endanger life. Only a biopsy (removal of tissue and its examination under a microscope) can determine conclusively if a growth is cancerous.

Treatment of a malignant tumor depends on the extent and rate of cancer growth as

well as on the patient's age and general health. Surgical removal of the prostate, sometimes combined with radiotherapy, is usually successful when the cancer is confined to the gland.

Cancers that have invaded surrounding tissue pose more difficult problems. Until recently, it was believed that surgical removal of the testes (orchiectomy) or estrogen therapy would be of value in such cases. However, a recent study by Veterans Administration scientists showed that while the mortality rate from prostatic cancer was somewhat decreased when these techniques were used, their benefit was more than offset by a significant increase in deaths from heart disease and stroke. It is now felt that estrogen therapy and orchiectomy should generally be withheld until the patient's symptoms become severe enough to justify the potential risks.

Radiotherapy, particularly supervoltage irradiation, may have value in alleviating pain from the spread of cancer to bone. Irradiation of the affected bone, or systemic irradiation with radioactive phosphorus provides relief of bone pain in a large percentage of cases.

The importance of an annual rectal examination for men over 40 cannot be over-emphasized. When cancer is discovered while still confined to the prostate gland, the great majority of cases can be treated successfully. Approximately 60 percent of the patients whose tumors are diagnosed at an early stage are alive five years after treatment. When all stages of prostate cancer are considered together, the five-year survival rate is 49 percent.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of "Cancer of the Prostate," Publication No. 1352.

NEW FLOWERS EVERY YEAR

Every year in the catalogs and in the seed displays you see new varieties of flowers. Do you ever stop to think how they came about?

The process is a long one and years of intensive technical work are in the background of every new variety.

Plant breeders make innumerable crosses, putting the pollen from one plant onto the receptive part of another, growing the resulting seeds and observing the offspring.

Generation after generation is bred until the qualities for which the

breeder has done all this work become not only evident but "fixed" in the new flowers.

This means that there will be little or no variation in the flowers of the plants that you grow from those of the parents that produced the seeds you planted.

What are plant breeders looking for? Perhaps an entirely new flower. But, more likely, improvements or refinements of the popular favorites.

In these they breed for better and different colors, more resistance to disease, to heat, cold and other climatic conditions.

Also for better growth habit, earlier and perhaps longer flowering and, of course, for ever more flowers on each individual plant.

Touch Ups: First Aid For Cars

It's almost inevitable that your car is going to get into a few "scrapes." What car doesn't—when it is constantly threatened with the possibility of scratches from passing bumpers, nicks from flying gravel on the highway, or gouges from someone opening his car door into yours in a crowded parking lot? With some quick attention on your part, your car's painted finish can be easily repaired, preventing corrosion and devaluation of this costly investment.

A car's metal is safe as long as it is protected by one of the excellent automotive finishes used today. But once bare metal is exposed, rust begins almost immediately. If rust is allowed to continue, it will spread under the painted areas around the scratch causing the paint to flake away. More metal is then exposed, and the corrosion cycle continues.

Touch-up painting is an easy, effective way to stop corrosion. Special touch-up paint that will match the color and chemical formula of your car's present finish is available from your car dealer.

Proper preparation is important in insuring your touch-up's appearance and durability. New paint adheres much better to metal or old paint if the surface is lightly sanded. Number 400 sandpaper is well suited for this purpose. Make sure rough edges around nicks are sanded smooth and that all loose paint is removed.

Remember that new paint will not adhere to a dirty or greasy surface. Wash the surface thoroughly and see your dealer for the

proper cleaning agents to remove road tar, grease or oil. Before painting it would also be wise to put your car in a garage or protected place where there is very little dust. Dust can ruin new paint.

Bare metal should be given a light coat of metal primer before you apply the top coat. Check with your dealer for the correct primer to use. Let the primer dry overnight, and sand lightly before you apply the top coat.

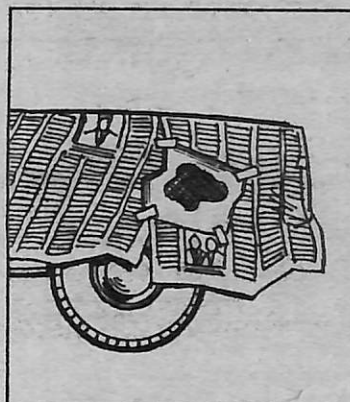
Touch-up paint with a small brush applicator should be used for small nicks and scratches. Spray cans of touch-up paint are also available for larger damaged areas. Don't try to paint a large area such as a deck or door. This type of work requires the skill of a professional car painter. When using a spray applicator it is easy to spray too much or cover a larger area than you intended to cover. Practice ahead of time and mask the areas you do not want to paint with newspapers and masking tape before you start.

When applying top coat enamel, remember that several thin coats are better than one heavy coat. Sand lightly between these coats. The paint should be completely dry before sanding and recoating. After the touch-up enamel has dried for several days, it can be polished with compound to make it blend with the original finish.

By taking over easy and inexpensive touch-up painting on your car you can save yourself many a repair bill and own a car you're proud to drive!



Sand lightly before painting.



Mask spray area with newspapers.

Simply Wonderful Pasta Fazool



Beans are among the oldest foods known to man. It is no wonder, then, that they hold such a special spot of honor in all parts of the world. For our picture, we feature Chili Beans San Francisco (upper left); a small bowl (center) of Barbecue Bean Potato Pickle Salad; a large bowl of Chick Pea Salad with curry; and, in the foreground, a shimmering platter of:

SIMPLY WONDERFUL PASTA FAZOO

Serves 4

- | | |
|--------------------------------------|--|
| 1 12 oz. package medium wide noodles | 1 8 oz. can (approx. 1 cup) S&W Tomato Sauce |
| 2 Italian sausages, sliced or diced | 1 15½ oz. can (approx. 1¼ cups) S&W Red Kidney Beans, drained and rinsed |
| 2 Tbsp. butter | ½ cup Mozzarella cheese, grated |
| ½ clove garlic, finely chopped | 1 Tbsp. burgundy wine (optional) |
| ¼ cup onion, sliced | |
| 1 tsp. oregano | |
| ¼ tsp. basil | |

COOK noodles as directed on package. Drain. Keep warm. SAUTE sausage slices in butter in saucepan until browned. Remove to warm platter. Add garlic and onion to pan and cook until onion is transparent.

ADD tomato sauce, seasonings, beans, sausage, cheese and wine.

SPOON sauce over drained noodles and serve piping hot.

Free recipes for all bean dishes pictured above, and many more. Write: Simply Wonderful Beans, 333 Schwerin St., San Francisco, Calif. 94134

Legal Notices

COMMONWEALTH OF MASSACHUSETTS
HAMPDEN SS

PROBATE COURT
To all persons interested in the estate of KATHERINE M. KANE late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by JAMES P. KANE of said Agawam praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the thirty-first day of July, 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twenty-fifth day of June, 1970.

JOHN J. LYONS, Register
July 9, 16, 23

COMMONWEALTH OF MASSACHUSETTS
HAMPDEN SS

PROBATE COURT
To all persons interested in JOHN D. GRUPPIONI of Agawam, in said County minor.

A petition has been presented to said Court, praying that SILVIO BINELLI of said Agawam, or some other suitable person be appointed his guardian with custody of the person of said minor.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the seventeenth day of July 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this sixteenth day of June 1970.

JOHN J. LYONS, Register
July 2, 9, 16

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